**RP 22** 

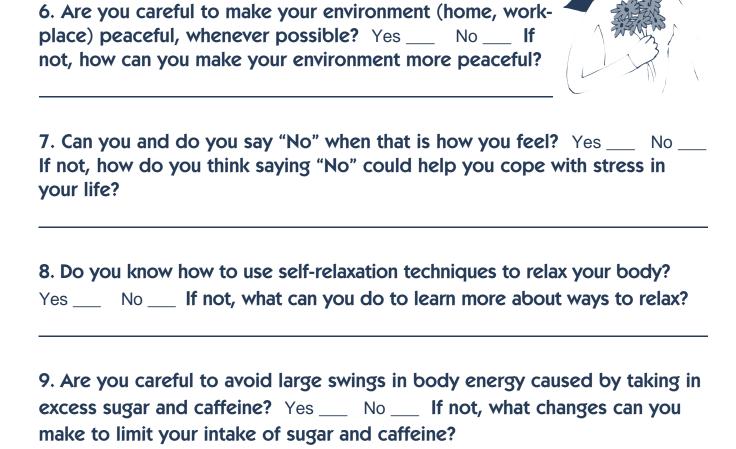
## **Reducing Stress**



Answering the following questions as honestly as possible will help you identify which parts of your daily living are most stressful. Take steps to correct these problems, and you will reduce stress in your life.

direction of your life. Are you investing them in work and hobbies that you find rewarding? Yes No If not, how might you change this?
2. Focusing on the present means giving your attention to the task at hand without past and future fears crippling you. Are you usually able to stay in the here and now? Yes No If not, what prevents you from focusing on the present? How can you change the situation?
3. Do you take time each day to do something relaxing (for example, playing with your children, taking a walk, reading a book, listening to music)?  Yes No If not, what relaxing activity will you add to your day?
<b>4. Are you challenging yourself to do things that increase self-confidence?</b> Yes No If not, what changes could you make to boost your self-confidence?
5. Do you tackle large goals by breaking them into smaller, more manageable tasks? Yes No If not, how do you think breaking goals into smaller steps would help you manage stress?

## **Reducing Stress**



11. What techniques can you start using that will help you get rid of anger?

10. Are there specific ways you cope with anger to get it out of your system? Yes \_\_\_ No \_\_\_ If not, how would reducing anger help you



manage stress?



